

Pregnant Women and Smoking

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Tobacco use is the single most preventable cause of death and disease and the impact of tobacco on the Indiana is staggering costing Hoosiers 9,800 lives each year. Smoking can impact the lives of even the youngest Hoosiers. Approximately 17% of women in Indiana smoked during pregnancy in 2006, a slight decline from 20% in 2000. Indiana has one of the highest smoking rates in the country.

Smoking during pregnancy is associated with poor health outcomes:

- Twenty to thirty percent (20-30%) of the cases of low birth weight babies can be attributable to smoking.
- Women who smoke during pregnancy had more than twice the risk of delivering a low birth weight baby.
- Babies with mothers who smoked during pregnancy have twice the risk of SIDS and infants of nonsmoking mothers.
- Women who smoke have a higher incidence of ectopic pregnancy.
- Pregnant smokers also have a 30-50% higher risk for miscarriage than nonsmokers.

Prenatal exposure to secondhand smoke is also harmful to a child's mental development. Children of mothers who were exposed to secondhand smoke when pregnant have lower scores on cognitive development tests at age two, compared to children of mothers living in smoke free homes during pregnancy.

Pregnant smokers who are ready to quit should know that it's never too late to quit smoking during pregnancy. Many pregnant women are tempted to cut down the number of cigarettes they smoke instead of quitting, but quitting entirely is the best thing a pregnant woman can do for themselves and their baby. The benefits of quitting smoking can be seen immediately. After just one day of not smoking, the baby will get more oxygen. While women experience withdrawal symptoms, these are often signs that the body is healing. They are normal, temporary, and will lessen in a couple of weeks. Quitting will increase the mother's energy levels and help make breathing easier.

Sources: 2006 Indiana Natality Report; 2004 National Health Interview Survey; Ventura, S.J. 2003. "Trends and Variations in Smoking during Pregnancy and Low Birth Weight: Evidence from the Birth Certificate, 1990-2000." *Pediatrics* 111(5 Part 2):1176-1180.¹ SDHHS. 2001. Women and Smoking: A Report of the Surgeon General. U.S. Department of Health and Human Services, Public Health Service: Rockville, MD, Office of the Surgeon General, U.S. Government Printing Office: Washington DC. ; Gavin, N.I., et al. September 2001. Review and Meta-Analysis of the Evidence on the Impact of Smoking on Perinatal Conditions Built into AMMEC II. Final Report to the National Center for Chronic Disease Prevention and Health Promotion. Research Triangle Park: Research Triangle Institute.; Columbia Center for Children's Environmental Health. Neurotoxicology and Teratology, March 2004

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The rate of Indiana mothers who reported smoking during pregnancy is considerably higher than the national average of 10.2 percent. Even more alarming are rates in Indiana counties that exceed state and national rates. The table below lists Indiana's counties along with the percentage of mothers who reported smoking during pregnancy.

- County rates range from 4.1% to 32.5%.
- Seventy-one (71) of Indiana's 92 counties have a smoking during pregnancy rate higher than the Indiana average of 17.3%.
- All but 4 Indiana counties have a smoking during pregnancy rates higher than the United States average (11%).

Percent of mothers who reported smoking during pregnancy, Indiana Counties, 2006

County	Percent	County	Percent	County	Percent	County	Percent	County	Percent
Adams	7.6	Dubois	15.5	Jasper	18.9	Morgan	26.1	Spencer	20.7
Allen	15.3	Elkhart	14.6	Jay	21.6	Newton	19.6	Starke	30.5
Bartholomew	16.8	Fayette	29.7	Jefferson	24.9	Noble	23.9	Steuben	23.2
Benton	23.6	Floyd	23.1	Jennings	27.1	Ohio	29.6	Sullivan	27.7
Blackford	30.4	Fountain	27.0	Johnson	16.6	Orange	28.5	Switzerland	30.5
Boone	15.1	Franklin	25.9	Knox	30.0	Owen	28.7	Tippecanoe	12.4
Brown	22.7	Fulton	32.5	Kosciusko	19.0	Parke	27.3	Tipton	17.7
Carroll	14.0	Gibson	24.1	LaGrange	9.0	Perry	32.2	Union	29.3
Cass	23.6	Grant	24.5	Lake	12.2	Pike	24.7	Vanderburgh	19.0
Clark	20.2	Greene	23.5	LaPorte	24.0	Porter	15.9	Vermillion	31.6
Clay	26.4	Hamilton	4.1	Lawrence	22.7	Posey	17.9	Vigo	26.1
Clinton	18.5	Hancock	13.0	Madison	24.5	Pulaski	27.7	Wabash	29.5
Crawford	29.6	Harrison	24.4	Marion	14.4	Putnam	23.1	Warren	12.8
Daviess	15.3	Hendricks	9.8	Marshall	18.0	Randolph	24.7	Warrick	12.3
Dearborn	22.8	Henry	25.5	Martin	27.0	Ripley	22.4	Washington	27.0
Decatur	25.5	Howard	20.9	Miami	26.1	Rush	26.5	Wayne	25.0
DeKalb	25.5	Huntington	23.3	Monroe	14.2	St. Joseph	13.0	Wells	17.3
Delaware	22.3	Jackson	21.5	Montgomery	26.3	Scott	28.1	White	21.7
						Shelby	25.0	Whitley	19.1

SOURCE: 2006 Indiana State Department of Health, Epidemiology Resource Center
Percentages are calculated using total births in each county.